



# National Nutrient Database for Standard Reference

## Release 28 slightly revised May, 2016

### Statistics Report 11697, Arrowroot, raw

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Nutrient values and weights are for edible portion.

Nutrient	Unit	Value Per 100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
<strong>Proximates</strong>													
Water	g	80.75	2	--	--	--	--	--	--	--	Analytical or derived from analytical	--	12/1996
Energy	kcal	65	--	--	--	--	--	--	--	--	Calculated or imputed	--	06/2003
Energy	kJ	271	--	--	--	--	--	--	--	--	Calculated or imputed	--	06/2003
Protein	g	4.24	2	--	--	--	--	--	--	--	Analytical or derived from analytical	--	12/1996
Total lipid (fat)	g	0.20	2	--	--	--	--	--	--	--	Analytical or derived from analytical	--	12/1996
Ash	g	1.42	2	--	--	--	--	--	--	--	Analytical or derived from analytical	--	12/1996
Carbohydrate, by difference	g	13.39	--	--	--	--	--	--	--	--	Calculated or imputed	--	06/2003
Fiber, total dietary	g	1.3	2	--	--	--	--	--	--	--	Analytical or derived from analytical	--	12/1996
<strong>Minerals</strong>													
Calcium, Ca	mg	6	2	--	--	--	--	--	--	--	Analytical or derived from analytical	--	12/1996
Iron, Fe	mg	2.22	2	--	--	--	--	--	--	--	Analytical or derived from analytical	--	12/1996
Magnesium, Mg	mg	25	2	--	--	--	--	--	--	--	Analytical or derived from analytical	--	12/1996

Nutrient	Unit	Value Per 100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Phosphorus, P	mg	98	2	--	--	--	--	--	--	--	Analytical or derived from analytical	--	12/1996
Potassium, K	mg	454	2	--	--	--	--	--	--	--	Analytical or derived from analytical	--	12/1996
Sodium, Na	mg	26	2	--	--	--	--	--	--	--	Analytical or derived from analytical	--	12/1996
Zinc, Zn	mg	0.63	2	--	--	--	--	--	--	--	Analytical or derived from analytical	--	12/1996
Copper, Cu	mg	0.121	2	--	--	--	--	--	--	--	Analytical or derived from analytical	--	12/1996
Manganese, Mn	mg	0.174	2	--	--	--	--	--	--	--	Analytical or derived from analytical	--	12/1996
Selenium, Se	µg	0.7	--	--	--	--	--	--	--	--	Calculated or imputed	--	12/1997
<b>Vitamins</b>													
Vitamin C, total ascorbic acid	mg	1.9	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	12/1996
Thiamin	mg	0.143	2	--	--	--	--	--	--	--	Analytical or derived from analytical	--	12/1996
Riboflavin	mg	0.059	2	--	--	--	--	--	--	--	Analytical or derived from analytical	--	12/1996
Niacin	mg	1.693	2	--	--	--	--	--	--	--	Analytical or derived from analytical	--	12/1996
Pantothenic acid	mg	0.292	2	--	--	--	--	--	--	--	Analytical or derived from analytical	--	12/1996
Vitamin B-6	mg	0.266	2	--	--	--	--	--	--	--	Analytical or derived from analytical	--	12/1996

Nutrient	Unit	Value Per 100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Folate, total	µg	338	2	--	--	--	--	--	--	--	Analytical or derived from analytical	--	12/1996
Folic acid	µg	0	--	--	--	--	--	--	--	--	Assumed zero	--	01/2001
Folate, food	µg	338	2	--	--	--	--	--	--	--	Analytical or derived from analytical	--	06/2003
Folate, DFE	µg	338	--	--	--	--	--	--	--	--	Calculated or imputed	--	06/2003
Vitamin B-12	µg	0.00	--	--	--	--	--	--	--	--	Assumed zero	--	12/1996
Vitamin A, RAE	µg	1	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	06/2003
Retinol	µg	0	--	--	--	--	--	--	--	--	Assumed zero	--	06/2002
Carotene, beta <sup>1</sup>	µg	11	2	--	--	--	--	--	--	--	Analytical or derived from analytical	--	06/2003
Carotene, alpha <sup>1</sup>	µg	0	2	--	--	--	--	--	--	--	Analytical or derived from analytical	--	06/2003
Cryptoxanthin, beta <sup>1</sup>	µg	0	2	--	--	--	--	--	--	--	Analytical or derived from analytical	--	06/2003
Vitamin A, IU	IU	19	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	06/2003
Vitamin D (D2 + D3)	µg	0.0	--	--	--	--	--	--	--	--	Assumed zero	--	11/2008
Vitamin D	IU	0	--	--	--	--	--	--	--	--	Assumed zero	--	02/2009
<b>Lipids</b>													
Fatty acids, total saturated	g	0.039	--	--	--	--	--	--	--	--	Calculated or imputed	--	12/1996
14:0	g	0.002	--	--	--	--	--	--	--	--	Calculated or imputed	--	12/1996
16:0	g	0.035	--	--	--	--	--	--	--	--	Calculated or imputed	--	12/1996

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
18:0	g	0.002	--	--	--	--	--	--	--	--	Calculated or imputed	--	12/1996
Fatty acids, total monounsaturated	g	0.004	--	--	--	--	--	--	--	--	Calculated or imputed	--	12/1996
16:1 undifferentiated	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	12/1996
18:1 undifferentiated	g	0.004	--	--	--	--	--	--	--	--	Calculated or imputed	--	12/1996
Fatty acids, total polyunsaturated	g	0.092	--	--	--	--	--	--	--	--	Calculated or imputed	--	12/1996
18:2 undifferentiated	g	0.074	--	--	--	--	--	--	--	--	Calculated or imputed	--	12/1996
18:3 undifferentiated	g	0.018	--	--	--	--	--	--	--	--	Calculated or imputed	--	12/1996
Fatty acids, total trans	g	0.000	--	--	--	--	--	--	--	--	Assumed zero	--	06/2015
Cholesterol	mg	0	--	--	--	--	--	--	--	--	Assumed zero	--	12/1996
<b>Flavonoids</b>													
Isoflavones													
Daidzein <sup>2</sup>	mg	0.00	--	--	0	0	--	--	--	--	--	--	--
Genistein <sup>2</sup>	mg	0.00	--	--	0	0	--	--	--	--	--	--	--
Total isoflavones <sup>2</sup>	mg	0.01	--	--	0.01	0.01	--	--	--	--	--	--	--

Sources of Data

<sup>1</sup>Nutrient Data Laboratory, ARS, USDA Nutrient content of ethnic and geographic specific foods, Southern Testing and Research Laboratories, 1995 Beltsville MD

<sup>2</sup>Liggins, J., Mulligan, A., Runswick, S., and Bingham, S. A. Daidzein and genistein content of cereals., 2002 Euro. J. Clin. Nutr. 56 pp.961-966